Dyspepsia.

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# of Dyspepsia

I shall introduce the ~~remarks~~ lecture I purpose to deliver upon this disease with a few pre-liminary ~~remarks~~ remarks upon its seat that is the stomach.

This Viscus is of great importance, and its functions intimately connected with health and life. Dr Bordeu calls it one of the feet of the tripod which supports life. ~~The~~ The other two feet are the heart and the brain. The following facts relative to it deserve our notice.

1 Its extreme hardiness - hence it often resists for years the violence that is done to it by excess in eating and drinking, long fasting, unwholsome aliments, and drinks, - and both, hot or cold in the extreme, and lastly by the use of tobacco.

2 The Stomach sympathizes with nearly every part of the body, and particularly the head, the liver, the blood vessels, the kidneys, the nerves, the lymphatics, the Skin and the limbs.

3 The Stomach sympathizes extensively with

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the mind. ~~according to~~ Talents & virtues are greatly influenced by it. Poets and Philo-
-sophers write and think well or ill, according to the greater fulness or emptiness of their stomachs, each of which is regulated by the greater natural depression, or elevation of the caliber of this system. Courage is intimately connected with the ~~different~~ states of the Stomach, & ~~this is~~ these states are different in different nations - hence the Duke of Malborough once said, if he were to fight a battle for the empire of the world, with an army composed of British subjects, he would chuse Irishmen drunk, Englishmen - with full & Scotchmen with empty stomachs. ~~to~~ In favor of the in-
-fluence of the Stomach upon Courage

~~Lord~~ Lord Chesterfield adds further, that a cordial breakfast with a sunny morning has often made heroes, and decided the fate of many battles. The stomach influences the temper. This is so generally admitted in Portugal that when a man is quarrelsome in company he is said "to have drank bad wine." ~~The~~ A Clergyman of great learning formerly of this city was uniformly peevish in a morning until he had eaten his breakfast. Cardinal De Retz was so perfectly satisfied of the influence of the state of the stomach upon the temper that he advises never to make a motion in a popular assembly just before Dinner, ~~but the~~ a time when Ringer

v The discharge of wind from the Stomach
has often rendered a sour and a silent man, pleasant
& facetious in company. even

renders men incapable of ~~candid~~ debate & judgement. no wonder Van Helmont places the soul in the stomach, since we thus see it determines not only the issue of battles, but the councils & fate of nati=
=ons. Again, Charity itself is influenced by the state of the Stomach – hence the ~~propri=~~
~~ty of carrying about~~ largest & most numerous subscriptions ~~are~~ to ~~public~~ charitable objects are generally obtained after dinner. ~~I have not been~~ ~~able to determine whether the~~ perhaps ~~the~~ a request for the hand of a lady might be more readily granted under the same circumstance of a well toned sto=
=mach. —

4 The healthy state of the stomach is not only connected with the health of the whole

bring this in - next year after wrote
with the de

Van Helmont was so struck with the wonderful properties of the stomach, that he considered it as the seat of the Soul. While ~~I stray this~~ we reject the absurdity of this opinion, we cannot help being struck with the following ~~properties~~ marks in the stomach of intelligence, or of properties which belong to the mind more especially in its deranged or diseased state. ~~In~~ Does the mind ~~seem~~ possess an ability to retain more ideas that it can combine or apply? to the stomach possesses the same ability to retain more food than it can digest or convert into nourishment. ~~Does~~ Is the mind so diseased as not to be able to retain knowledge? we observe the stomach to be equally incapable of retaining aliment. Does the mind possess the power of associating ideas

body, and the exercise of talents & virtues, but with ~~long~~ longevity. I have never met with a ~~ha~~ very old man, ~~or woman~~ who had laboured under the disease now under consideration, and were I to open an in=surance office for lives, one of the first questions I would ask should be whether ~~the~~ he had ever been much afflicted with a diseased stomach. In a word it is to the whole body what the main spring is to a watch. All its movements depend upon it, ~~and most of the chronic~~ It is the flag of health, when sound, ~~It is~~ the avenue to most of the chronic diseases of the human body. ~~V~~ V

~~After this preliminary remarks, I proceed to mention, that Dyspepsia is produced by causes which act directly~~ [a]

The Stomach possesses the same associating power over motions with nearly every part of the body. Is the resentment excited by an injury disproportioned to that injury — ~~the~~ Equally disproportioned, is a Vomiting continued for 24 — when excited by ~~a disagreeable smell, or~~ a small portion of aliment disagreeable from idiosyncrasy, to the Stomach. Has the mind a selecting power in its pleasures — Studies & companions? The Stomach has the same selecting power in its aliments. Does the mind suffer from the want of constant employment? So I shall say presently does the Stomach. Is there an inordinate love of books? men who possess it are called Bibliomaniacs librorum — we see something analogous to the it in Canine appetite for food. Is the mi

Having premised these preliminary remarks I shall now mention, 1st the Symptoms of Dyspepsia as they appear in the Stomach & 2ly in the whole System.

The Symptoms of Dyspepsia in the Stomach are a Gnawing, or uneasy Sensation in the Stomach, oppression after eating, flatulency, sour eructations, pain the Stomach called by Dr Cullen Gastrodynia, heartburn from an acid humor in the Stomach, Anorexia or want of appetite, or great appetite without digestion, or digestion without appetite, Water brash, that is a spontaneous discharge of a limpid viscid humor from the Stomach from its retrograde action, called by Dr Cullen Cardialgia Sputatoria, Costiveness, and occasionally a perverted appetite for Sand, Coals, lime, feathers & putrid animal food. This appetite for putrid animal food is so intense, that the Negroes

who are affected with it in Hispaniola we are told dig up dead & putrid animals to devour them. There was an instance of this perverted appetite in a black man some years ago at Bristol in this state.

Many of these Symptoms continue for years without affecting the general health of the body. In this case it is a local disease, but it is more generally ~~attended~~ connected with disease in other parts of the System, the Signs of which are head ache, pains in the back & ~~limbs~~ calves of the legs, cold feet, a liability to take cold, tran=sient Symptoms of diabetes embitus and aqueous, irregular and intermitting pulse, low Spirits, and great irritability of temper. These ~~great~~ Symptoms of a general dis=ease are most common when it arises from causes that act upon the whole System. —

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The Causes of Dyspepsia are directly and indirectly upon the Stomach.

To the I, ~~are~~ & head belongs Ardent Spirits. These are a most fruitful Source of it in the United States. The disease when induced by them is sometimes called Grog Sickness. For an account of the specific symptoms of Dyspepsia produced by Ardent Spirits I refer you to ~~any pamphlet~~ one of the volumes of my medical inquiries: upon their ~~pernicious effects upon the body Varied of Dyspepsia~~. Time has been called "edax rerum". It is equally proper to say of those pernicious and deadly liquors, that they are "edax hominum". They devour men.

2 Strong tea & Strong Coffee -

3 Excess in the use of Aromatics & bitters to prevent, or cure diseases.

The habitual use of Opium.

The use of Snuff & Tobacco. The latter is a heating. It acts in two ways, by its narcotic

[~~Disorders~~ instable in its studies, and pleasures? So is the stomach — especially in its diseased state. Of this many proofs might be mentioned — I shall mention but one. A lady in Connecticut had an aversion from eels — but during her pregnancy no kind of aliment was more agreeable to her. — Upon all these ~~facts and analogies, it would seem~~ as

Did we admit with the Stoicians, a man to be composed of mind — ~~[illegible]~~ soul & body — and the soul belongs to our animal part, — we should admit the soul to be seated in the stomach but the system of medicine which I am teaching admits only of body and mind and that mind to be seated only in the body.] ~~From these facts & analogies it will seem that dreamings~~ I shall not in this place apply these facts, and]

effects upon the stomach, and by a waste of the Saliva.

6 Excess in the use of acid Drinks, Condiments and Aliments. Lemonade, punch, pickles and Sour Crout ~~are a frequent cause of it~~ ~~it~~ are a frequent cause of it in Pennsylvania. The last produces it among our German Citizens.

7 Frequent repletion with gross food.

8 Swallowing food without masticating it sufficiently.

9 Frequent repletion with hot & cold liquors. They act by overdistending the stomach, as well as by their stimulating & sedative qualities. I once saw a fatal case of Dyspepsia and Tympany brought on by drinking large quantities of cold water at a time. ~~and I have known a most Distressing case of the fever induced by the practice~~ The Cold Water is most injurious when taken upon an empty

stomach before breakfast, and just before going to bed.

10 The excessive use of Sugar. I have met with an instance of it in a grocer brought on by tasting 40, or 50 samples of Sugar in a day. Dr Hoffman relates a case of this disease from the excessive use of Sugar in diet.

11 Rapid acescent vegetable food. This is a frequent cause of Dyspepsia among the poor people in Scotland. The heart burn and water brash are more frequently induced by this cause than any other.

12 The exclusive use of animal food. These two ~~[illegible]~~ classes of aliment when taken by themselves indispose the stomach to digest each other, for when the stomach has been long accustomed to a vegetable diet it is unable to digest animal food in consequence of the gastric juice partaking of the mild

quality of the nourishment from which it is formed. In this respect the stomach becomes assimilated to the stomachs of carnivorous and herbivorous animals that are unable to digest animal food. On the contrary a diet consisting exclusively of animal food produces the same inability in the stomach to digest vegetable food, and from the gastric juice which is secreted from it placing this stomach upon a footing with with the stomachs of carnivorous animals.

13 worms or bile lodged in the stomach.

14 The frequent use of emetics & cathartic medicines.

15 The habitual use of nitre. Of this I have known many instances.

16 Obstructions and enlargement of the liver,

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and Spleen, pancreas & omentum which act by pressure upon the stomach. 17 Intromitted ensiform Cartilage.

I said formerly that the disease when induced by these direct causes is often local. Few people pass thro' life without being more or less affected with it. It is compared with Dyspepsia from causes that act upon the whole System, what a common cough is to a pulmonary Consumption.

II The Causes which act indirectly upon the stomach thro' the medium of the whole System divide themselves into two Classes

1 Such as act upon the body. These are (1) an indolent life.

(2) Sailing, (3) pregnancy. (4) The suppression of habitual Sweats of the feet. a case of Dyspepsia from this case is mentioned by Dr

V Dr Thomas Clark tells us that in nearly every case of diseased liver he saw in India, he observed the stomach to be affected. A paroxysm of disease from gall stones seldom fails of inducing dis=ease in the stomach. The ~~Dyspep~~ disease in both these cases is from sympathy, & not from pressure as was noticed in speaking of its Direct causes.

Deer.
5 a moist and cold atmosphere.
(6) Offensive Sights and Odors.
(7) ~~Bilious fevers~~ Fevers of nearly all kinds.
(8) Diseases and disorders in the head, ~~the~~ liver, kidneys & Uterus. ~~on~~ ~~Headaches~~ The ~~Sources~~ connection of ~~some~~ with some of the Symptoms of Dyspepsia ~~in the head~~ ~~and~~ ach is so generally admitted that we call ~~Sick~~ one of the forms of sickness at stomach "Sick head ach". a vomiting from a stone in the kidneys is nearly universal, & bleeding sickness we know is indeed by sympathy of the stomach with the disease of conception. But ~~Other diseases~~ morbid affections ~~disorders~~ of the Uterus besides conception induce a deranged state of the stomach. I once saw a partial Schirrus of the Uterus bring on death by a constant puking of dark

+ mGold.

vomited bile for three days.[7]

9 Great pain.

2 The causes which act upon the stomach in inducing Dyspepsia thro' the medium of the mind are

1 Intense Study especially after eating, and with the body bent forwards. hence it has been called "morbus Studiosorum."

2 Grief, fear, distress, and vexation from all their causes.

You will perceive at one Glance[21] that many of the causes which produce Dyspepsia are the same as those which produce Gout, Epilepsy, palsy and Apoplexy. It will be very natural therefore for you to inquire, why they produce Dyspepsia, and not the above diseases? To this Question I answer, that the systems in which those diseases appear, are not predisposed to them, and

that the Stomach from innate, or ac=
=quired debility labours under such a degree of predis=
=position as to absorb all the morbid
commotions in the System to itself, and
thus a ~~local~~ disease is produced which is
either altogether local, or if Sympathy ex=
=ist between it and other parts of the body, it is
so feeble & transient as not to acquire
the full characters of any of the above
Diseases.

It is worthy of notice that while the
whole System generally sympathizes with Dyspepsia
~~seldom frequently~~ when it is brought on
indirectly by causes that act upon the whole
body and the mind, yet we ~~seldom then~~ often
see the whole body affected when it arises

wholly from causes that act directly upon the stomach. —

The Remedies for Dyspepsia are

I Palliative and

II Radical.

The first consist of such Remedies as are calculated to relieve the distressing symptoms of the disease. I shall mention the most prominent of them, and then take notice of their remedies. They are Heart burn from acidity, Flatulency, Dyspepsia after eating, Anorexia or want of appetite, Gastrodynia, or a painful spasm in the stomach and the cardialgia sputatoria, or water brash.

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The 1st consists of such remedies as are calculated to relieve the distressing symptoms of the disease. ~~If health intervene then~~ I need not repeat them.

I ~~bidity~~ ~~the~~ ~~not~~ ~~brown~~ ~~pure~~ acidity is supposed to be effect of the vegeta=ble part of the aliment undergoing the acetous fermentation in the stomach. But there is good reason to believe it is chiefly the effect of a morbid secretion of the gastric liquor by which a strong acid quality is imparted to it. This is rendered probable by its being ~~thrown~~ vomited up from the stomach when no vegetable or aescent aliment has been previously taken into it, and by its being of a more acrid and corrosive nature than the vegetable acid, so much so as to inflame the throat, and set the teeth on edge (as it is called) in passing over them. The Remedies for it are — The alkaline salts — Magnesia — Soda water —

IV In this city who is afflicted with this Disease from Gout who can ~~eat~~ eat strawberries with Cream, but cannot bear them alone, nor with Skimmed milk. the Cream blunts the Acid of both his Stomach and the Strawberries.

V In favor of the last of these ~~remedies~~ viz Charcoal I would remark that it ~~is~~ Stomach Complaints are cured by ~~that~~ ~~eat~~ in hogs & fowls. — In the latter ~~case the~~ the term ~~is mentioned~~ pip is ~~as~~ used to express them.

Chalk - lime water; calcined Oyster Shells, calamine in powder - the fine powder of Brick dust & powder of Charcoal, all of which act by obtunding, or enveloping the acid of the stomach so as to prevent its acting upon it. The sensation most commonly induced by it in the stomach is what has been called improperly "heart burn". The acid 2 ~~with~~ Blackened milk. ~~This acts~~ by of the stomach decomposes the milk, and from its containing its oily, as well as its cheesy parts, the acid is blunted by its union with it. I know a Gentleman 3 The mineral acids. These act by inducing a stronger action in the stomach, than its morbid acid, and thus destroy it. The muriatic and nitric acids have been found to be very useful for this purpose. —

II Flatulency should be relieved by Gin-
-ger or Juniper tea - a few drops of
Camphorated Spirit of Wine - the Spirit
of Turpentine - peppermint Lozenges and liquid Laudanum,
and a draught of cold Water.

III Oppression - Uneasiness at Stomach and
Vomiting are relieved by the taking
a small Opium pill, or a few drops
of Laudanum a few minutes before
sitting down to a meat. Dr Whyt first
suggested the use of this remedy. I have
often prescribed it with advantage. It con-
-tributed very much to relieve this dis-
-tressing Symptom in the late Dr Priestley who
finally died of this disease.

2 Taking but a small quantity of food at a time, and that five or six a day instead of but two or three times in the four and twenty hours, also in the night, as well as during the day. The stomach should never be full, nor empty. Like an idle School boy, when not employed, it seldom fails to do mischief in con=sequence of the debility induced by the absence of stimuli. I have sometimes advised patients ~~in d~~ afflicted with this Dyspepsia not only to place food by their bedsides, but ~~to~~ carry it from home with them in a tobacco box if it be food of an animal ~~food~~ nature. Ginger bread nuts which are useful to obviate flatulency from emptiness may be carried in the pocket.

5 By avoiding drink with food. ~~This prescription~~ It acts in three ways. 1. It disposes the aliment to the acetous fer=mentation. 2 It elevates it from the bottom of the Stomach, and thus removes it from the action of the gastric liquor upon it, & 3 by it disposes the food by thus elevating it to pass into the Duode=num before the process of digestion is completed upon it.

6 By rubbing the stomach gently ~~after every meal~~ or compressing it with a tight roller, or waistcoat after every meal, or applying a bladder to it with water heated from 110 to 120°.

7. Fasting. This should be continued for 24 hours or longer to be useful. It is most proper in bad Dyspepsia.

8 Swallowing a teaspoonful of common salt, or a few grains of pepper after every meal.

3 By taking food only in a recumbent posture. Mineral waters are often retained only when taken in this way. Breeding Women seldom sicken or puke until they leave their beds in the morning. Sea sickness is mitigated, or prevented by a recumbent posture of the body. Persons who are obliged to take aliment in this way, should not leave their beds for several hours afterwards.

4 By taking but one kind of aliment at a time, I gave my reasons for this advice in our Therapeutics!

IV. Anorexia, or the want of appetite is relieved

1 By ~~stimulating~~ proposing a number of different aliments ~~into~~ to the patient. The appetite will sometimes suddenly

This sickness was prevented in Mr Wilson & his companions only by their leaving the cabin as soon as the victuals came upon table, and eating upon deck. Cold food should be preferred in such cases from its omitting no smell. —

vibrate with one of them.

2 By never permitting a patient to smell the food he is to eat while it is cooking. ~~the~~ Its effluvia often destroy the appetite. This ~~was~~ is happily descri=bed by Mr Wilson in his poetical account of his passage with across ~~the~~ Lake Ontario on his way to Niagara.

" Soon as the savoury steam their nos=trils gain.
" They sicken, heave & staggers down again.

3 By surprising the appetite by exquisite=ly articles of food. Anticipation often destroys it.

4 By setting but a small quantity of food at a time before a patient. Horses always eat most hay when but a small quantity of it is put into their racks at a time.

5 An Article of Diet unexpectedly sent by a neighbour or friend has often been eaten with pleasure, when a patient re-jects every thing cooked in his own kitchen. The appetite is not only suddenly awakened by surprise, but by the cordial impression of unexpec-ted kindness, or friendship.

V Gastrodynia, or a Spasm in the Stomach should be relieved by diuretic doses of Laudanum - or by hot water - or hot pepper mint ~~oil~~ or pepper mint lozenges. Acute pains in other parts of the body may be relieved by the Use of Laudanum.

VI The Waterbrash is relieved by acids and gentle stimulants. It arises from an inverted action of the Stomach and Oesophagus.

II The radical remedies for this disease should be influenced by the state of the Stomach and of the whole System. Unfortunately bitters and Dyspepsia are as much associated in the minds of physicians as bark and the intermitting fever, but in the recent, & active state they, together with all others Stimulants are hurtful. ~~This~~ I believe this disease is often ushered in with ~~pain~~ inflammation. We do not suspect it, be=cause inflammation in the ~~this~~ stomach is not indicated by pain, except it be ac=companied with Spasm, but it is ~~gene~~ often attended with heat, and ~~the~~ a hyperthule pulse, and these are as certain signs of ~~pain~~ inflammation as pain. I have been so satisfied that

In the latter, as well as in the former disease ~~[illegible] both cases~~ it ~~of~~ often arises from ~~that~~ a primary affection of the liver inducing sympathetic morbid commotions in the stomach, and a disease in the liver can seldom be removed without bloodletting. In the month of July 1812 I was the favoured instrument of ~~[illegible]~~ causing this disease in the only son of a wealthy farmer+ in Buck's country, by this remedy, ~~to~~ aided by ~~with his [illegible]~~ a few doses of calomel. ~~After~~

~~It~~

+ Ab: maple

this is the case, that I have given ~~them~~ it the name of Gastricula from its being a chronic or diminutive form of Gastritis, or acute inflammation of the stomach. From this view of the disease you will not be surprised at my recommending to begin the cure by 1 B loodletting. I have used this remedy with success both in my public & private practice. ~~It has the same~~ You have all seen its good effects, ~~of this remedy~~ in checking the sickness, and vomiting, ~~and pain~~ that take place in a bilious fever. — Why should it not have the same salutary effects in the acute state of Dyspepsia? It is from the neglect of this remedy in the early stage of this disease that we have to many cases of chronic death from it. After the use of sufficient bleeding ~~the~~ recourse should be had

V They are most useful when the disease is induced by a primary ~~Dis~~ affection of the head.

2 to purges especially where constiveness attends. They should be lenient, or active according to the state of the bowels and the pulse. The Butter nut pill is an excellent lenient purge in this disease.

If the disease be not sufficiently reduced by bleeding and purges, or if the pulse forbid those remedies, and require a depleting remedy of life force

3 vomits should be employed for this purpose. I have prescribed them with great advantage. They cleanse the stomach, and prepare it for other medicines.

with these remedies should be connected

4 a diet consisting wholly of milk & vegetables. The stomach is often in the state of an inflamed eye that can bear no application to it but the most emolient substances.

Even cold water gives it pain. Dr Hunter cured a case of Dyspepsia of this kind by nothing but milk. He began by giving him a table spoonful of it at the time every two or three hours. ℥ss of potash to lbi of milk makes it sit more easily on the stomach. I have known it cured by a diet of boiled turnips, also by gum Arabic dissolved in water without the least mixture of any other aliment. Baked fruit particularly pears have been found useful in this state of the disease. These articles of diet should be given by weight and measure, nor should they be suddenly changed, for every new article of aliment it encounters carries with it the stimulus of novelty, and thus becomes offensive to the stomach.

After morbid action is reduced (which may be known by the softness of the pulse,

3, and the cessation of sickness, vomiting, & pain, the Remedies should be of a stimulating nature. ~~They are~~ These should be ~~divided into medicines and diet and drinks. The first are~~ I vegetable. These consist of 10 Bitters such as Camomile, Century, Rue, Wormwood, Gentian, Columbo root, and Quassia. To these Dr Cullen has added bark. I cannot concur with the Dr in advising it, having generally found it hurtful, perhaps from the astringent, mixed with its bitter quality. 2 Aromatic and acid vegetables. These are Nutmegs, Zedoary, Canella Alba, Calamus, ginger, Juniper & Cubebs berries ~~&c~~ orange peel, black pepper, Aniseed, fennel seed, mustard, horseradish & garlic. They may be taken alone, or infused in Water, Wine or Spirits. ~~If they should be~~ Each of them ~~Both~~

should be taken in succession & rotation.

II A second class of stimulating remedies ought to be taken from the mineral kingdom. These should be Chlorine of Vitriol, the nitric acid, the Sulphate of Zinc, ~~the~~ Copper in small doses, & above all the different preparations of Iron. They lie most easily upon the stomach when combined with an aromatic vegetable. I have generally preferred Ginger for this purpose. A dropsical sulphate of Iron prepared by adding a little sulphuric acid to a solution of the sulphate of Iron in water has been found to be very useful in this state of Dyspepsia. It may be thus prepared Sulp: of Iron ℥i water ℔i sulp: acid ℥ij. a teaspoonful of it may be taken three times a day in a little bitter tea of any kind.

V ~~exceptionable~~ Chocolate and Souchong tea are sometimes acceptable to the stomach. When this is the case they may be taken sparingly with solid aliment.

VI. Salted fish, and ~~salted~~ the lean of salt=meat have alone performed cures of this disease. They ~~stomach~~ lie longer in the stomach than fresh fish, or fresh meat, and thereby impart more tone to it.

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III The Diet ~~proper~~ in this State of Dyspepsia ought consist of solid animal food. Wild fowl, venison & fish should be preferred to Domestic animals, and beef and mutton to full grown poultry, lamb, Veal and Chickens. They should be kept until they are tender, & they should be thoroughly done before they are eaten. Oysters and soft boiled eggs ~~salted meat, and salted~~ are often digested, when no other food will lie on the stomach. They may be taken warm or cold at the pleasure of the patient. Hyson tea, Coffee, broths, gruel and liquid food of all kinds should not be tasted. Biscuit and the Crusts of bread, ~~or at breakfast~~ and roasted potatoes are the only vegetables that should be taken with the above articles. The biscuit & bread will lie most easily upon the stomach after being

toasted until their surface is of a black color. It is common to forbid butter in this state of Dyspepsia, but when fresh, I have not found it hurtful. It ~~is~~ enables the stomach to retain and digest fish, better than any other condiment.

IV The drink in this disease should be simple water when the stomach will retain it. Toast tea will sometimes lie on the stomach when simple water will not. Dr Drake of Cincinnati tells us that he found well water better received by the stomach in Dyspepsia than river water. He ascribes it to its containing a solution of some earthy or metallic salt in it which rendered it more tonic. Where these are rejected Soda, or Seltzer water should be tried, also infusion of the bitter and aromatic herbs particularly ginger seeds formerly

The Ginger has been found very useful taken for breakfast & in the Evening with Cream & Sugar. It has received the Stamp of Value from having been useful to Sir J. Banks.

15 mentioned, in water. Where water in none of these forms can be retained, porter or ale should be taken alone or diluted with water. If these be rejected old madeira or sherry should be tried, or claret or port, for the two latter sometimes lie better on the stomach than the two former, from their containing less fermentible matter in them. A drink prepared of the nitric acid ℥ij old spirit of any kind ℥iv water ℥iij and as much sugar or honey as will make it pleasant is very acceptable to the stomach. Brandy & water, the popular drink in this disease, I know is a but it should be resorted to with great caution. Many people have been lost by taking ~~this drink~~ it as a medicine. When prescribed it should be in

small quantities & only for a short time. You will recollect these drinks should be avoided, or ~~taking~~ taken sparingly with the food of our patients & for reasons formerly given.

There are several other auxilliary remedies which have been found useful in this disease. They are

V Exercise with the arms, with the lungs, and riding on horseback. Rowing, pumping sawing wood, playing shuttle cock, the use of dumb bells, or instead of them two flat irons swung backwards & forward by the hands. – Celsus commends reading aloud in this disease. It acts as a general & local stimulant, ~~and so~~ in the latter way by the sympathy of the lungs with the stomach. –

vi The Cold Bath. The water should be poured

V This Utility is suggested by Cutaneous ~~Diseases~~ eruptions & Gout ~~often~~ in the limbs often affording immediate relief

VIII. If all the above remedies fail recourse must be had to a Salivation. I have employed this remedy with great success in several cases. It is more particularly indicated if the disease be induced by visceral obstructions that act directly, or by Sympathy upon the Stomach.

upon the head, the back & the region of the stomach.

VIII. A blister to the pit of the stomach. This remedy is highly commended by Dr Darwin. Blisters are likewise useful to the extremities.

IX. Great care should be taken to avoid all its remote and exciting causes, particularly aliment offensive the stomach, and cold and wet feet, and to remove those diseases in every part of the body that either create or encrease it.

This disease terminates fatally in the following ways. 1 by such a torpor in the stomach as to permit food to pass unchanged out of it into the bowels. It should be called a palsy of the stomach.

2 by a schirrus in the stomach or pylorus

v This inflammation is accompanied with immense thirst, and disgust with every kind of drink but cold water.

~~‡ Indicated by its cause~~, that is an undue determination of blood to the brain.

3 by a Cancer in the same parts.
4 by acute inflammation of the stomach, and a coffee coloured or black Vomiting.
5 by Aphthæ which extend from the stomach to the fauces and mouth. I never saw a recovery after an Aphthous sore mouth took place in this disease. —
6 by a Swelling of the feet and legs. I have never seen a recovery after this Symptom. It preceded the death of the celebrated Dr Priestley who died of Dyspepsia.

~~The Dyspepsia I shall now make a few remarks upon the this disease when it arises~~

There are several peculiar remedies which are proper in this disease when it arises from Sailing. These are — 1. Bleeding. This is 2 Purges. Afterwards 3 Laudanum. 4 Purging the Stomach by a bandage round the whole body.

V As the disease is induced by the sudden descent of a vessel from a wave downwards throwing ~~to~~ too much blood to the head; this position of the body prevents it.

5 Lying with the head below the heels. ✓
6 Eating a little and often, so as never to suffer the Stomach to be empty. Gingerbread is very grateful for this purpose.
7 The Cold Bath. A wave or Spray of the sea accidentally wetting a person who is seasick has afforded sudden relief, and a repetition of the same affusion of salt water by Design, has cured it.
8 Terror. I have heard of a Cure being performed by this remedy. —

It has been prevented by bleeding, also by a gentle purge taken the Day before going to Sea. —

I ~~now~~ shall mention the remedies for Dyspepsia when it arises from pregnancy when I come to treat of the Diseases of Women.

There is a disease seated in the stomach, the reverse of Dyspepsia known by the name of

Bulimia

in which the food so far from not being well received in the stomach, or easily diges=ted is received with voracity, and in large quantities, and digested with a rapidity that renders a constant supply of Aliment necessary for the relief of the patient for the most distressing disease of hunger. Patients seldom acquire fat or flesh from all they eat. I have seen it its worst form in lean people. The quantity of food they take in a day is from 6, to 12 pounds, and that of the grossest kind. In other respects they appear to enjoy good health. The disease appears to be local, and seems to arise from an morbid increase of the dissolving power of the gastric juice. —

The Remedies for it should be Aliments of all kinds that are difficult of digestion. These should be vegetable & animal. The former should be half boiled potatoes, carrots and parsnips, - half baked bread, or bread made of unbolted meal. With these should be taken roasted, or boiled, or raw meat, sausage, or the fat of pork or beef. Sweet Oil taken three or four times a day, & the Chewing of Tobacco, have been useful. Large doses ~~also large pastures~~ of Oyster shells, or of bricks promise benefit in this disease ~~The old and tobacco have~~ by obtunding the gastric juice and weaning down the action of the stomach without conveying aliment into the system.

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